Roasts, Cutlets and Steaks Compounded of Vegetables - A Kansas Young Noman Trying Alfalfa Meal on Her

Family-Fried Ham of New England. Mary Pope, an English woman, has written a cook book called "Vegetarian avouries" which seems to meet some eds of the present time. She names her purpose in the introduction:

"I have chiefly endeavored to meet the requirements of those who, being funny, wishful to give up flesh eating, are at a loss how to replace the savory meat entrées to which they have been accustomed. Some people have no trouble making so radical a change of diet;

others encounter many difficulties." It is primarily for the latter class that the book is intended. The recipes are represented as furnishing dishes which do just as much nutritive good as meat, look just as good and, most important of all: t-ste just as good.

Take the Viernese roast for instance its name sounds just as good and, by the way, the vegetarians declare that the meat One texts is largely a matter of imagination unyvey. Here is the recipe :

mist and lemon thyme; selt and pepper. So be the beens over night and skim them Cook them and the lentils separate: in just enough water to make them Stew the maceroni with the beros, lemon peel, tomatoes and a very little water. Mix together in a bowl with the fat, crumbs, dry sage, eggs and soup powder. Press into a mould or shallow

pie dish and bake brown. A decision in regard to the taste value of the above as against that of meat would require experimentation. In regard to the comparative nutritive value 30.8 Ler cent. of ritrogenous matter as against 19.3 per cent. in lean teef; string wans show 25.5 per cent. as against 18.3 per cent. in mutton; red lentils show 25.2 per cent. and dried , eas 23.8 , er cent. as against the 14.8 , er cent. in fat beef and 12.4 per cent. in fat mutton.

Another roast without a vestige of meat unds as good. It is termed royal roast and is compounded thus:

Butter beans, four ounces; red fentils

four ounces; macaroni (small), two es; grated bread, three ounces; tonatoes, eight ounces; albenc, two ounces; two eggs; seasonings, one lemon peel, grated; one teaspoorful Yorkshire relish; me and a half teaspoonfuls celery salt; teaspoorfuls lemon thyme. Prepare and cook the same as Viernese roast.

These are but samples of a variety f roasts. In equally great variety are the cutlets-vegetarian cutlets For in-

Take four hard boiled eggs, one and ne-half pounds field mushrooms; three ablespoonfuls water, a little rice flour, ne ounce butter, salt.

Pael the mushrooms and cook for ten minutes in the water. Drain and chop help further the cause.

\*First a solid fire of dry beech and hard

\*First a solid fire of dry beech and hard and thicken with rice flour, stirring n the chopped egg and mushroom. Press the mixture into cutlet tins and when cold turn out and fry. Serve with peas and mint sauce. If you prefer spaghetti to mushrooms

here is a recipe for spagnetti cutlets: Take spaghetti, four ounces; grated cheese, one ounce; one onion, chopped; crushed crackers, three ounces; two confuls sauce to taste; one egg.

Break the spagnetti in small pieces and cook until tender in boiling water. Mould in cutlet tins and when cold turn in deep fat.

Even a hamburger steak is not beyond the capabilities of the vegetarian. Here how it is made:

Take twelve ounces rice, one-half can comatoes, two onions, five ounces cheese. one teaspoonful onion powder, one-quar teaspoonful garlic powder, one dessert spoonful chopped parsley, one and one-half pints water, salt and pepper. Cook together in a double pan or boiler

until soft, after which turn out into soup plates to the depth of one-half inch. When cold egg, crumb and fry and serve with gravy or sauce.

There are sausages, too—three kinds them. This is the way to make one ad of vegetable sausage entirely with-

Take bread crumbs, three ounces; boiled rice, four ounces; cold oatmeal porsidge, three tablespoonfuls; one onion; coe and one-half ounces butter, one teaspoonful sifted sage, salt and pepper.

Slice and chop the onion and boil it

Slice and chop the onion and boil it in a little water until tender. Stir in the control of the

ALFALFA MEAL NUTRITIVE. BUT-TOPERA, Kan., Feb. 19. Nourishing bread, delicious cakes and palatable pastry are to be made of alfalfa meal is the prediction of Miss Ruth Ingham of Topeka, who was recently graduated from the Kansas Agricultural College, depart-

with a view to establishing the merits of alfalfa as a food for the human family as well as for animals Miss Ingham has made experiments with alfalfa meal in food and drinks which she considers very successful. In a talk to the members of the Shawnee County Alfalfa Club she ex-plained the results of her experiments. The samples which she brought before the club were tried and the verdict was

that they were very good.

the club were tried and the verdict was that they were very good.

Miss Ingham's experiments so far have been with bread, cakes and tea. The cakes were perhaps the most successful, as in this form of food raisins and nuts were used, which partially removed the decided hay flavor of alfalfa. In the bread the alfalfa taste was partly overcome by the mixture of other kinds of flour and caraway seed.

The principal objection yet to be removed. Miss Ingham said, is the color. The alfalfa meal used thus far has been unbleached and when cooked turns a dark green, which makes the bread unappetizing in appearance. This fact did not deter the members of the Alfalfa Club from sampling the big loaves which Miss Ingham had baked.

Aliss Ingham told the club members that her experiments with alfalfa leaves in the making of tea had not been entirely satisfactory. Alfalfa leaves have been mixed with tea and coffee, and the results have been acceptable, but alfalfa brewed alone was a failure on account of its unpalatable flavor.

"I have used all these experiments on the family table," Miss Ingham said, "and the folks have been patient with me, but I find that people must get accustomed to the taste of alfalfa before they will learn to like it. It is like learning to eat olives, over the coultivated. When this is done alfalfa

better food value than corn and as much as meat. Alfalfa meal sells for two cents Alfalfa meal sells for two while white flour costs a pound, while white a pound. She decision and a fifth cents a pound. She decision and a fifth cents a pound into bread was more nourishing than bread made of corn meal or wheat flour and contained st as much nutrition as beans

THE OLD FRIED HAM OF NEW ENGLAND. "The increased cost of city living," remarked the commission man, "has led some of our country cousins to flaunt their independence in the faces of their suffering city relatives. They've raised that old cry, 'Back to the farm' once more. The advice coming from some of New England friends makes me

'It recalls to my mind a fact that may strike you as strange and perhaps as funny, but nevertheless it's absolutely true. I was born and raised on a farm up in Connecticut and until I came to New York at the age of 17 I had never told me so. It is \$22 a month and our eaten mutton or lamb. The reason is obvious. We kept no sheep on the farm and my father, like most New England farmers, believed firmly in the old unwritten law that the farm should protect expectations are stored and potatoes in their jackets for vide almost everything necessary for our

well being.
"In the fall most of the farmers kill a 'critter' and as a rule two fat hogs.

Take white string beens, six ounces; red levils, four ounces; inacaroni, four ounces; bread crumbs, four ounces; tom.tr., one-half can; one small packet regatilities ou, , owder; two eggs; two ounces vegetable fat; two ounces fine sage; chopped peel of one lemon; a little mist and lemon thyme; selt and pepper. you can make up your mind there's going to be something doing and the original and only ham curer will show the beef trust a few kinks it never dreamed of.

First Uncle Henry builds a small fire inside the smokehouse of chips, hard maple and birch hardwood chips, hard maple and birch as a rule, which he allows to blaze freely till thoroughly ignited. Next he arranges cob-fashion a doll house of green birch chunks he is careful to use only the odorous black birch—around the fire, confining the space to about a foot square. He builds this structure up to a height of possibly two feet and fills it in with corncobs, and birch sawdust if he can get it.

"Meanwhile Aunt Abigail has been hard at work in the kitchen preventing the most

other ingredients an old pira recipe handed down from great-greatimpregnated. Then each ham and shou strung with a loop of cord, and the Henry runs a stout pole through them and backs them down to the smokehouse

"Here he hangs them up inside on hooks, and closing the door tightly caulks up every possible chink where a tongue of smoke may be seen shooting from a crevice or nail hole. From time to time he adds more sawdust as a vent may appear or a blaze spring up.

"For a week this is kept up usually.

the fire dying down at night and being replenished again in the morning, and if Uncle Henry is busy up in the woods chopping Aunt Abigail drops around now and then to see that all is going as it should and the hams turning to just that delicate shade of brown she so much desires. Finally after five or six days the particular color is obtained and the hams and shoulders are transferred back to kitchen

Now Aunt Abigail takes a hand once more, and with a twist of her New England wrist she has the beef trust and Western pork packers beaten. Ham frying day is settled on, and Cousin Lucy Mix lown at Fosterville is fetched over to

maple is started in the big kitchen range, and the two largest skillets are got out for action. The butcher knives are ground, the two cooks are robed in long in \$2 a week in tips I'm satisfied and \$3 gingham aprons, and Uncle Henry is pressed into serwice to slice the meat. This he does at the kitchen table, cutting the doubt the satisfied and \$3 would make me feel rich. I hear that men waiters make money, but I don't know a woman in the business that sate true and evenly thick slices 'round and 'round the bone until the last ham and shoulder is reduced to a small mountain of meat and the place looks like a stall in Washington Market. "Meanwhile Aunt Abigail and Cousin

juicy slices, turning them rapidly that they might simply cook through, but not nound in cutlet tins and when cold turn in earthern jars in their own ham grease.

Out. dip in the egg and crumbs and fry This is kept up nearly all day and the passersby along the road greet the appetizing odor that floats through the

petizing odor that flocts through the open door and windows with 'Smells good, don't it? Bet yer this is Aunt Abby's ham fryin' day.

"When the last stone jar is filled and seeled up in its own ham fat they are all taken down cellar, and when the minister comes to dinner or company arrives uncomes to dinner or company arrives uncompany arrive trust never achieved and could. There it reposes in the old farm-house cellar in its sealed stone jars, always ready for use, pure, unadulterated, toothsome, tender, and of a delicious fragrance that calls up memories of deep pine woods, clumps of birches, running brooks

and streams.
"No, sir! Uncle Henry and all the rest No, sir: Uncle Henry and all the rest of them up in New England are a little bit off when they ask us to come up and share their native beef with them; but my, wouldn't we just like to get our teeth into some of that ham!"

THE COST OF LIVING. This a Subject Strictly Taboo at the

"Outside among our friends we may discuss this subject with all due ferocity; talk about how porterhouse steaks have gone up from 30 cents a pound to a dollar and how groceries have gone up till now and how groceries have gone up till now only people with big pocketbooks can hope to buy them; and we rail at the trusts and all the other villainous agencies that have brought all these things about with one breath and with the next breath wonder how the poor manage to make both ends meet.

"So it is outside the boarding house, but never a word of it inside. Occasionally some young boarder will say: 'Well, I see eggs went up 10 cents a dozen to-day.' last several years.

see eggs went up 10 cents a dozen to-day, see eggs went up 10 cents a dozen to-day, or he says, maybe, that he notices that butter has just gone up 20 cents more a pound, but we frown him down and we can't make do. It is the same with lose him up instantly; mustn't be any talk about how prices of food are going

up, not around that table.
"Why is this thus? Because we live will raise the price of board, and we know that if she knows that we know all about bow much more it costs her now than it once did to provide the food we eat, \$150 a month when taken for the season if she knew that this higher cost of every- the chambermaid said her wages thing was familiar to us all, impressed upon us so that we'd be ready for and rilling to stand a raise in the price of board, why, naturally she would spring it on us, wouldn't she? Or she would be more willing to than she would be if she thought it would be a surprise and shock

"It is for this reason that, rail at it as we may in the seething world without, the increased cost of living is a subject taboo at the boarding house table."

From the Central Christian Advocate.

"How nicely you have ironed these things oyster, and other foods; the taste must be continued in a tone of surprise: "Oh, but I see they are all your own!"

Then, glancing at the glossy linen, she continued in a tone of surprise: "Oh, but I see they are all your own!"

Yes, "replied Jane, "and I'd do all yours and the alfalfa had that alfalfa had the tast if I had time."

"How nicely you have ironed these things ever been.

Then glancing at the glossy linen, she continued in a tone of surprise: "Oh, but I see they are all your own!"

Yes, "replied Jane, "and I'd do all yours and five single rooms to attend to. All weather prevailing with us might acjust like that if I had time." "How nicely you have ironed these things

Complaints About the Food and Lodgings Supplied in City Hotels-The Chambermalds Better Off in Some Respects Than the Waltresses-The Reason?

TIPS OF WAITRESSES SMALLER

THAN THE MEN GET.

given you as tips?" the diner asked the waitress in a restaurant where all the service is rendered by young women.

I can eat and clothes to keep myself

take a second mouthful of either. "The tips that I get and which beef is cut up and salted down in pork manager tells me should make up for the barrels, where after it has soaked and absorbed brine for a few weeks or months it goes into the boiling pot with a fibrous strength and flavor not to be forgotten. One of the hind quarters is reserved for was a 25 cent piece from a table of six fresh meat. This is kept frozen out in the icehouse and cut off for boiling pieces that took two hours to consume the icehouse and cut off for boiling pieces. the table d'hôte lunch. The other tables has paid me in 10 and 5 cent pieces.

"They say it's because we are in woman's restaurant that the tips are so small, but I have a man what comes regular every night to get the table d'hôte dinner. What do you guess he pays me? Five cents every night. He's got to have service in courses, too. One night when all my tables were filled I brought his salad with the meat course and he complained to the head waiter. When I showed the manager the 5 cents he had presented me with after paying his bill the manager said my wages was sufficient not to make me consider tips.

"Then I've another outside regular a lady who comes here in her carriage. She takes the table d'hôte dinner, begins at 6 and seldom gets through before 8. What she doesn't eat she slides in a little box she brings for the purpose and takes chemical analysts say that beans show at work in the kitchen preparing the meat it back to the hotel where she lives for most territorial analysts say that beans show at work in the kitchen preparing the meat it back to the hotel where she lives for most territorial analysts say that beans show at work in the kitchen preparing the meat it back to the hotel where she lives for most territorial analysts say that beans show at work in the kitchen preparing the meat it back to the hotel where she lives for most territorial analysts. her dog. Every night I go by and scoop up the five cents she leaves for me.

"Those are the two worst, but the best of them never goes above a quarter and seldom more than ten cents. There is one regular who lives in the house who gives me a dollar a week, but if the head waiter forgets and puts another customer at her table she docks me for the whole

"It takes close paring to pay my room rent, buy food enough to keep me from going hungry, keep up my burying insurance and give me the clothes they want us to wear. When I manage to save a few extra dollars I put them in bank against the time I shall need a new pair of shoes or have to pay a doctor's bill.

"Our aprons, caps and cuffs are furnished along with our food, but we have to wash and iron them ourselves. As we only have two of each and have to have them clean every morning, you see how often we have to wash.

"Between the washing and the cooking our own food when we get home nights there's not much time we have for the enjoyment I have heard people talk about our having. I've heard a lot about waitresses going to dance halls and spending their evenings at Coney, but it's seldom I meet any that have done it. If I take more than a living."

The same question was asked of a shoulder is reduced to a small mountain of meat and the place looks like a stall in Washington Market.

"Meanwhile Aunt Abigail and Cousin Lucy have been busily frying the big juicy slices, turning them rapidly that they might simply cook through, but not to look after." she began. "Generally the at a cost of 15 cents apiece.

grease.
and the the apagh the Smells while she is at breakfast and finish be-

10 cents.

"This is when they stay a week or longer. Those that come for a night or two never think of paying a chambermaid. They seem to think my work is paid for by the hotel, and so it is in a way. We get \$14 a month, with board and lodgings. The board is bad. Our room is large, with two outside windows, so we know it is healthy though there are six of us in it, and we have no place to hang our clothes and only two dressers for the six.
"The work is not hard and the house-

"The work is not hard and the house-keeper is considerate and the guests, taking them all in all, are polite. If the food was so we could eat it I would not complain of the size of the tips or the "There's one thing we never speak of at the boarding house," said Mr. Krackkleback, "and that is the cost of living.

"Outside among our fries."

oan't eat.

"There is no use going to the steward about it. That has been tried by several girls and they all got fired. This is my fourth hotel in New York and the other than it was at the other

last several years.

trading for things given shoes. We don't get as much as the waitresses downstairs, but we have clothes given us, and our evenings, except once "Why is this thus? Because we live to do what we please with. The money daily in mortal terror lest the landlady I get after buying food I put in the savings bank in the hope of some day getting enough to go back to the farm."

In an apartment hotel where the two room and bath apartments rent standard said her wages were \$28 a month without food or lodging. She was a Norwegian girl and has been in this country seven years.

"I've tried places where they give you food and lodging," she said. "They are all the same. You have to share a room with from three to five other girls and the food is never it to eat. I'm o grambler.

with from three to five other girls and the food is never fit to eat. I'm no grumbler, but there's food you can't eat just as there's beds you can't sleep on. That is what I got in those other places.

"This is one of the few hotels in New York where you sleep out and get your own meals. Of course your wages are not large, but with the tips I manage to get a better room and have nearer what I want to eat than I have anywhere I have ever been.

I have only a few permanents; this winter only two. One is a lady, all alone, who pays me 50 cents a week and gives me what is left over from her breakfast.

Her breakfast is brought up every morning and there are always two rolls and a cup of coffee for me!

"The other permanents are a man and "The other permanents are a man and his wife. He pays me the same amount, 50 cents a week, and no breakfast, as they go down to the dining room. They have about five times as much as the lady does, but so long as they pay me regular I am satisfied and grateful.

"The thing I don't like is when the transients come call on me to do a lot

transients come, call on me to do a lot of extra work in the way of hooking them up in the back and dusting their clothes and then go off without so much as saying good-by. That is the way some of them did me only last week.

"They were a party of four in my two two front suites. They had expensive clothes and plenty of them and were going day and night. They were here nearly three weeks. When the going time came I helped them pack and took two of the bags to the elevator, but they didn't even look at me. I had waited on a ot of people from Boston, but those were

"Boston people from Boston, but those were the worst.

"Boston people don't pay tips, or if they do they are so small you have to look in your hand twice to be sure of them. The best tipper is the Western man after he returns from a trip abroad. I have had dinner and not once could I make myself such men to tip me twice within one morn-ing; hand me a quarter when I entered the room and another when I finished and was going out; the same man who three months before had stayed in one of my rooms for a week and never given me a

cent.

"They get in training over on the other side of the Atlantic and keep it up. Only over here they feel they must give more money. A quarter over in my country would be a very large tip; here it is small for a man but as much as the majority of chambermaids get in the average hotels. I'm not a grafter and I don't complain about not getting big tips, but before I got in here I did complain about the bad food they gave us and the crowded bad food they gave us and the crowded rooms we had to sleep in."

The head waiter in this same hotel was

at one time in charge of a restaurant where all the service was done by waitresses. When asked if he had noticed a difference

"They are never as large. Why, in the place where I had girls under me I never knew a single instance where more than a quarter was received. There was no reason for it so far as I could see except the general belief that women don't need as much money as men. So far as the service went the girls gave just as good if not better than the men who

good if not better than the men who replaced them.

"Oh, yes, the girls had to go. The hotel changed hands and the new proprietor didn't like the looks of girls in the dining room. He said it didn't look first class. erhaps that is the reason the patron tidn't feel that they should give large ips.
"The men came in and though the food

remained exactly the same the same people gave larger tips. The wages of the girls were less than the men received and I can see no reason for that unless it is the same idea that women can get on with less than men. It may be a false with less than men. It may be a false idea, but I know when a woman, it makes no difference how attractive she is, goes n as a waitress she has to take less w rom the restaurant and smaller from the public."

VICISSITUDES OF A COUNT. From Comfort in Paris to Affinence at Nothingness in New York.

"With another woman; both of us a that time spinsters, I made my first trip to Paris in 1899." said a woman who goes to Europe every summer. "It was some what less elaborate than some of the trips have since taken, for each of us had little money to spend, but I saw more of Paris than I have ever seen since.

"Through an acquaintance we got good, comfortable room in the apartment of a dressmaker who had formerly worked in New York and who used to show us pictures of the late Mrs. Paran Stevens and Mrs. A. T. Stewart, who, she said had been among her patrons when she worked here. We had to pay only \$4 a week for the room, and we used to have our breakfast of a roll, butter and café au lait sent from a little laiterie across the Avenue Victor Hugo from us to look after," she began. "Generally my rooms are full, though I have but

> "The room was only about 12 by 14, but there Mme. Rousseau, the proprietress, used to set out the daintiest little lunch eons at 40 cents and dinners at 50 cents that could be desired. At least so it seemed to me Madame knew the history of every one of her patrons, and when we became acquainted she told us all

> "Among the patrons of the taiterie was woman about 35 with big dark eyes. She had been beautiful, but she was a morphine fiend. Her hands were loaded with rings and she wore expensive jewelry. Her mother used always to come along with her and watch her. Yet one day under the eyes of everybody the younger woman, who had been ill at ease, suddenly took a hypodermic syringe and made a dive at her ankle, just as if she were stooping to slap a mosquito. It was done in the twinkling of an eye, and she was

> in the twinkling of an eye, and she was soon smiling at everybody and chatting vivaciously with her mother.
>
> "Then there was an Austrian Count. We got acquainted with him. Madame told us he had run through three fortunes. He seemed crazy. He followed us to New York.
>
> "My friend and I took a little apartment together in New York that winter and

"My friend and I wook a little apart and together in New York that winter and we had a colored girl for cook and waitress. We were at dinner one Sunday when the doorbell rang and I told Virginia to say we were not at home. She came back

we were not at nome. She came back with her eyes rolling.

"Law, missy, dis man is a real gemman!' she said. 'He's got a silk hat on, and when I done to!' him you said you wa'n't at home he say he done come all de way from Yurrup to see yo'. He says his pame is Pants' s name is Pants."
"This was not the name of the Austrian

count, but it was near enough for me to recognize it. He came in, and that night we went to dinner with him at the Wal-dorf. When he went to pay the waiter he pulled out a roll of bills as thick as your arm, many of them in denominations of \$1.000. He told us an uncle had given him some money to enable him to come to Ameria to make his fortune.

"I heard no more from the count for three weeks. Then one day I received a letter enclosing a lot of pawn tickets. Accompanying them was a note which said that the writer had fallen into dire said that the writer had tailed into dire straits—that was the language he used—and with many apologies could I oblige him by buying the pawn tickets.

"I did not wish to get mixed up with any count or his pawn tickets, so after thinking over the matter I sent him \$25 and returned the tickets. I have never the count since and

heard a word from the count since, that was ten years ago." Americans Drink Much Water.

From the Medical Journal. Our habits of water drinking have been so generally noticed, chiefly in Europe. that physicians must have thought frequently of what reasons led to our great use of water. In England as well as in France the

climate is decidedly more humid than in the United States. Here we have long periods of dry, sunny weather. In the autumn there may be a succession of weeks of clear, bracing weather. In France and in much of western Europe since the annals of Cæsar the humidity of autumn has been proverbigl.

THREE WOMEN RAISING FLOW-ERS IN PARTNERSHIP.

arnations Their Main Dependence-Objections to Violets as a Crop-Qualities That Bring Success and Profits-Importance of Sulting Your Market.

"Carnations are my chief dependence, though I grow a general line of florists stock," a successful woman florist of Pennsylvania said in reply to a question about her business. "Fourteen years ago I began to make my living from the land as a violet farmer, and though I met with a certain degree of success I changed my plans because of the numerous diseases to which the violet is heir and turned and plants.

the soil suits them, but once let a violet farm become infested with the germs of disease and it is next to impossible to get a good crop. At least it was up to a few years ago. Now, thanks to the persistence of the experimental stations, these diseases are much easier to eradicate than formerly.

"When a woman starts out to make her living from the land about the first thing she has to consider is the market which she plans to supply. Though I have known persons to create a market for their product it is not easily done.

"Being within a few hours of a large city and within the corporate limits of a college town, my opening was for general florists' stock rather than for violets or any other one flower. The trouble with me when I started out was that I didn't recognize this fact. It was not until fter I had been raising violets for several years that the continual demand for other flowers opened my eyes.

"It was to supply this direct demand that I began to lessen my violet crop and plant other flowers. Now I have a retail shop in connection with my greenhouse and make more than double the amount made growing violets. This trade. nowever, hasn't grown of itself but is the result of hard and continuous work.

"We have now nine greenhouses devoted to carnations. From these we cut annually bout two thousand marketable blooms Carnations are usually considered an asy crop, but if you are to meet the demands of the best trade they require about as much attention as the majority of lowers grown under glass.

"Careful attention must be given to the temperature as well as to the soil and you must have clean and healthy stock. Ten good blooms a year is a fair average to said blooms a gent to healthy stock. or each plant in a carnation house. plants should be set from eight to ten inches apart between the rows and from six to seven inches apart in the row. There is always a demand for old standard varieties, but it is a lucky carnation grower that can produce a new variety that catches on with the public. It is for that reason that all carnation growers experiment with seedlings.

"Roses are second in my flower growing

and for the simple reason that my hom market demands them. We apportion our varieties according to the demand o our trade and seldom have any to ship. As to varieties, the Bride is most in de-mand; then the Bridesmaid, the American Beauty, the Liberty, the Ivory, the Pearl and the Sunrise. "If we catered to the New York market

we would plant different varieties. Each market has its favorite flowers, just as Knowing what is wanted and producing the very best quality of it is what makes success in our line of work. Our rose house is 100 by 35 feet, with a high roof and light sash bar framework.
"When I say our carnation house or our

that is not bordered by freesias or some low growing bulb or plant, ough violets are no longer our

specialty we devote a part of one house to their culture, and in that house you will generally find a bench or so on which violets, sweet peas and jonquils are inviolets, sweet peas and jondulis are in-termixed in rows. In this way space is utilized and a continuous round of crop is secured. One of the points of farming under glass is never to allow a single inch of space to be left vacant. If you want to make such farming pay you must be ready to set in a plant when you remove one that has finished its usefulness.

one that has finished its usefulness.
"Bulb growing is one of the chief sources
of our revenue. We force about 50,000
bulbs of different varieties each year.
Much of this stock is imported direct
from Holland, and though we have to pay a pretty high price we are sure of the best

grade.
"The favorite varieties in our market are daffodils, tulips, narcissuses, hyacinths, freesias and Easter lilies. These bulbs are planted in boxes or pots and stored in cool cellars until they have taken root firmly. From time to time as they are needed they are brought to the houses, where they are prought to the

taken root firmly. From time to time as they are needed they are brought to the houses, where they soon bloom. Such bulbs are in great demand all winter and bring a price high enough to guarantee a fair profit.

"The great secret in growing violets successfully is keeping them free from any of the many diseases that attack the plants and their inveterate insect enemies. It was the pestiferous black fly that caused me to give up violet growing as a specialty.

"Although the demand was for a general line of flowers my violets sold in the city to such an extent that I was making a fair living with enough over to keep steadily increasing my bank account. Then the black fly came and there seemed no certainty about my ever being safe against its inroads, so I switched over to a general line as being safer.

"For growing under glass violets should be propagated in March by cuttings. The young plants should be set on the benches about the middle of June and about nine or ten inches apart each way. The first good blooms usually come in September and from then on until the latter part of April or early in May

The first good blooms usually come in September and from then on until the latter part of April or early in May there should be a steady daily supply.

"Fifty commercial blooms is a fair average for each plant. In a violet house the temperature should be about 45 degrees at night and never higher than 60 degrees on days when there is no sun. In the summer after the plants have finished blooming they should be destroyed. The blooms of such plants are uncertain and poor, too poor to supply a first class trade. For first grade blooms you must have new violet plants.

"To make sure that none of my old plants gets mixed in I have them all burned. This is also a safe way of destroying any

This is also a safe way of destroying any disease germs that may have infested disease germs that may have infested the old plants.

"Though my business is not large as modern greenhouses go, it pays well for the time and money invested. As my

the time and money invested. As my partners are my sister and my daughter, the profit all comes into the family and not only gives us a comfortable living but fair surplus. My daughter is a graduate of an agricultural college and my sister completed a course in a business school. Their training has added much to the success of our business.

"I am a great believer in taking a practical course of training along any line of business which you wish to pursue. If it can be done before you begin all the better, but if not, as was my case, then all the reading and study you can put in will do much to help you solve the problems you are sure to encounter.

"There is one thing connected with our success that I do not like. It is having other women come or write asking

our success that I do not like. It is having other women come or write asking me to advise them about taking up the same line of business. I get so many letters of that sort that I have ceased to read them. This may seem ungracious, but what is the use? How can I tell a woman whom I have never seen and know absolutely nothing about her chances.

for succeeding as a florist? How can I advise her what varieties of flowers to grow when I am ignorant about both the soil and the market?

"As a rule women or men who haven't the pluck to work out their own salvation haven't enough pluck to make a success haven't enough pluck to make a success
in anything requiring independent work
or judgment. To make a living from the
land you not only have to love country
life but must be willing to work regularly and hard. Personally I am a great
believer in the germ of success. I believe a person who excels in any line of
work would get along in almost any other.

"Though I consider growing and salling
flowers a business much more suited to
a woman than a man I am sure that to

an than a man I am sure that to succeed a woman must put into it all the energy and earnestness that a man puts into his work. She won't succeed simply because she is a woman and fond of flowers."

DINING UNDER DIFFICULTIES. my attention to a general line of flowers Strenuous Struggle for Food on Foreign Dining Cars.

> An American railroad man gives the following account of his experience in a table d'hôte dining car in Europe some two years ago.

"Dinner," he says in Harper's Weekly, vas served table d'hôte by two waiters in blue cutaway coats covered with large brass buttons, and whether because of the presence of an unusual number of diners or for some other reason (although I am under the impression the conditions were normal), no greater confusion can be imagined than that which followed the efforts of these two men to serve dinner to thirty-three or thirty-four per-

"The two waiters ran headlong from one end of the car to the other, passengers shouting orders to them and at times snouting orders to them and at times attempting to detain them by clutching their coat tails. The courses, while in some cases palatable, were often cold and always served on cold plates, and because of the haste necessary under the circumstances and the motion of the car upon its rigid wheels were served both on the plates and on the tablecicth

on the plates and on the tablecloth.
"The bread—the long French roll—was served in sealed paper cases, to insure a measure of cleanliness, but that served measure of cleanliness, but that served to us had been burned in the baking. The same thick lipped cups in which the potage was served were later introduced as the demi-tasses with which this extraordinary meal closed, while the warm champagne afforded the waiter an opportunity of giving us a partial bath and receiving our benedictions at the same time. Enough of the wine, however, was served to partially fill three of the heavy tumblers which were provided, but it was tasteless by the time the waiter had returned with some ice and extra napkins returned with some ice and extra napkins to repair damages.

to repair damages.

"Our only other experience with a dining car was on the Italian railroads, where lunch was served. The familiar sets of two or three plates appeared. The first course was some kind of sausage and pickled fish, which was snatched from the table before we had time to ascertain whether it was paletable.

from the table before we had time to ascertain whether it was palatable.

"Following this came roast beef and fried potatoes. The beef was good; we held on to our plates this time. The beef was followed by a vegetable of some kind which was not at all inviting in appearance; then cheese finished the meal. The waiters wore greasy coats and grabbed everything off the table before the passengers had finished."

Hills Near Florence. people know that orris root is ne of the chief ingredients of violet powder: many others are well acquainted with the strangely shaped pieces of white root, that seem like dried ginger, which give out the delicate and subtle scent of the violet, and perhaps the privileged few know that it is made from the roots of a

ORRIS ROOT.

How It Is Grown and Gathered on the

kind of iris. "Never have I seen the cultivation of "Never have I seen the cultivation of rose house you mustn't think that these flowers alone are grown in them On the contrary double cropping is one of the features of all our houses. You will Tuscan Apennines, where Vallomb rosa seldom find a bench of carnations or roses lifts its pine covered head," says a writer in the Queen. "On the sunny side of the mountains lies the whole district of the Val d'Arno and between Saltino and Pian di Scó the entire neighborhood is given up to the cultivation of vines, olives and

"Indian corn, wheat and millet find a place; but wine, oil and orris root are the three commercial industries. Pergolas of vines stretch along as far as the eye can see; vines with clusters of purple or white grapes. olives laden with green berries, and under them and between them little plantations of iris dalmatica.

"The iris, or giaggolo as it is called in italy, iris, or giaggolo as it is called in italy, is planted thinly, and allowed to g ow for three years, when the roots are dug up and tied in big bundles. These are then prepared. Nearly the whole of the tuberous root is cut off, leaving only a tiny bit with fibres in order that the plant may grow when replanted as it is at plant may grow when replanted, as it is at once for another three years of peace.

"The tubers are then thrown into big

basins of water, and the whole family of the contadine, or peasant, sitting on the doorstep of their house or under the pergolas in the shade of the vines begin the business of peeling them previous to their being dried in the sun for the market. Everybody is busy with the small sickle shaped knives trimming the iris root. In its fresh condition it is sold for about 20 centimes the kilo, about 2 cents a pound. But after a few days exposure to the brilliant Italian sunshine on large wicker work trays it loses two-thirds of its weight and is sold to the wholesale merchants at 9 cents a pound.

Tollgate Closed for Keeper's Marriage. Newport correspondence Louisville Times. tollgate on the Persimmon Grove pike was closed. In that time forty farmers and teamsters drove up to the gate and wondered why nobody was within. They tried to force an entrance past the gate, but found it securely locked. Then they went into the yard of the house near by to look for Miss Louisa Paul, the keeper of the aforesaid tolligate.

OPENING FOR SOME ONE IN APARTMENT HOUSES.

ustomers Who Cannot Afford to Have Their Dressmaking Done at Home -A Southern Woman's Way of Earning a Good Living With Her Needle

"There is usually between twelve and fifteen hundred dollars for my bank account after all my yearly expenses are paid," declared a young Southern woman who came to New York to earn a living with her needle. "You know I took a course as a fitter and later a course in

designing. Then I went into the dress.

making department of a large store. "When the slack season came in February all of us were dropped except the head fitter and a few of the sewing women who had been there a long time. For two years I drifted about doing sewing by the day and making a fairly good living; that is, as livings by the needle gethese days. I had a room in a decembouse, good food, decent clothes and a few dollars a month to put by.

"Four years ago I realized that my patrons were falling off from me. When

I went to see one woman who had always been nice to me she said she would be glad to give me work if I'd take it home but living in an apartment hotel as shi did it was too expensive to have he sewing done at home when she had to give two meals. She said that if I could take the sewing home and come to her for fittings she would give me all her

summer clothes to make.

"I had never done such work before, but feeling that it was better than losing her feeling that it was better than losing her custom I accepted. When the pay time came I was a little uneasy as to just how to render my bills. I knew I was not expected to charge as much as regular dressmakers, and yet it was hard for m to gauge my prices or to tell just how much time I had put into each piece.

"Finglly I his on the clan of charge."

"Finally I hit on the plan of charging for the whole lot. I knew just how long it had taken me to do all the work and as my charges when going out had been \$3 a day, with two meals, the proper amount was easy to compute. The lady was satisfied and gave me another lot, but before I had finished this lot I had calls from two new customers, people

from two new customers, people who had seen her things.

"To take their clothes I had to hire assistants. These assistants being only sewing girls, net fitters, cost me \$1.50 a day. As I had to go to the homes of my customers to fit all the garments I calculated in making my charges the time put in by these sewing girls at the rat that I would have been paid had I done all the work myself. all the work myself. all the work myself.

"I now have an apartment of six rooms and the three largest are given up to sewing. Often I employ as many as fifteen girls and keep them busy for sev-

eral months at a time. It is a rare thing for my patrons to come to my place. I go to them, submit samples, take instructions and fit them. My charges are still at the rate of \$4 a day-53 and two meals which puts the cost quite a little below the bills of the average dressmaker. "I have all the work I can fit and I am putting by more money in a year than I expected to do in three. Of course there is a limit to my time and that is the reason

my work cannot grow to larger propertions. I can only give five fittings a day and attend to my workrooms. "Another way in which I save my cus-tomers time and trouble is by having a shopping girl get samples of trimming and lace for them to choose from. These samples are carried with me when I g for the first fitting; they make their selections and I do the rest. This girl's time is also charged for at the rate that I would charge for my own if I had to run around in the stores. I think this is only fair since I have to superintend and direct

every detail.

"One of the advantages of my work the whole year if is that it would last the whole year if I did not feel that I must have at least two months rest. For the last two summers I have been going to Europe for a rest and incidentally to see the styles. While over there if I see a new style in embroid-ery or needlework of any kind that I cannot master by looking at it I take les-sons until I learn. On my return I teach my girls and so my patrops get the latest my girls and so my patrons get the lates of everything at the rate of \$4 a day. "If I should set up a regular dress-making establishment I would have the

added expense of a shop or rooms in a central and fashionable quarter and of several additional helpers. As it is I get the advantage of the cheap rents uptown. Pesides, a large establishment is about as great a care as the business itself.

"Then there is the point of having to build up a patronage. My work is not better than that of many dressmakers with a reputation for being exclusive. If I began to compete with them I would be forced to charge their prices and at once lose the patrons I have already acquired. I believe I am now about the

only first class dressmaker doing such

"As I see the business in New York today my line affords the best opening for women who wish to make their living by the needle. The apartment hotels are superseding the homes so fast and the cost of living is rising so rapidly that a woman will often go to a high priced dressmaker in preference to paying the dressmaker in preference to paying the additional cost of a visiting dressmaker's meals. There are very few hotels that will furnish such meals for less than 75 cents each, and the majority of them ask \$1. Now add \$2 to the \$3 that I charge for my work and you will see how expenfor my work and you will see how expensive it becomes to have your sewing done at home when you live in an apartment

"If the woman who is starting out to make her living in New York by sewing wants to find a good opening let her equip herself as a good fitter and take her work nersell as a good fitter and take her work home. The apartment hotels are filled with people of moderate means who are not able either to pay the high prices of fashionable dressmakers or to give \$2 a day extra for meals for their sewing

women.
"If I had to start out again I would try "If I had to start out again I would my
to get all my custom in one hotel. It
would make fittings easier and I wouldn't
have to spend time rushing from one part
of the city to another. I believe the day
will come when such hotels will have
dressmakers just as they now have valets
and tailors. If I was starting out I am not
so sure I wouldn't make a proposition to he dressmakers just as they now have valete and tailors. If I was starting out I am not and tailors. If I was starting out I am not so sure I wouldn't make a proposition to a soure I wouldn't make a proposition to a hotel manager to be taken on his staff. Just as he now engages a valet. So far as I can see there is a big opening in New York for women in such positions."

"THE HIGH CLASS ARTISTIC ADVERTISERS OF NEW YORK CITY."

## S MUSIC ROLLS MANY MEN

FREE TRIAL PLAN

Money Refunded on All Returns.

Take Any Quantity Home.

Old rolls taken in part payment. Also immense variety world's best

Music, choice selections.

15c. to 75c. SYMPHIA MUSIC ROLL CO. 17 West 24th St., New York

Are saving many dollars a day in New York by using UNITED TUGSTEN LAMPS instead of the old, extravagant, current - consuming kind.

I Join the money - saving crowd. Let us prove to you that UNITED TUNGSTEN LAMPS save two-thirds of your electric light bills. Call us up or write.

Stores and Factories take notice.

United Tungsten Lamp Co.

1328 Broadway-Marbridge Telephone Murray Hill 4189. Suite 445